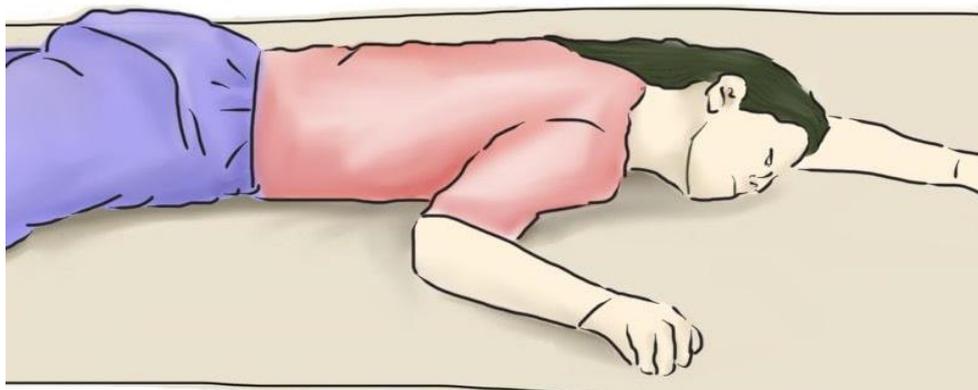




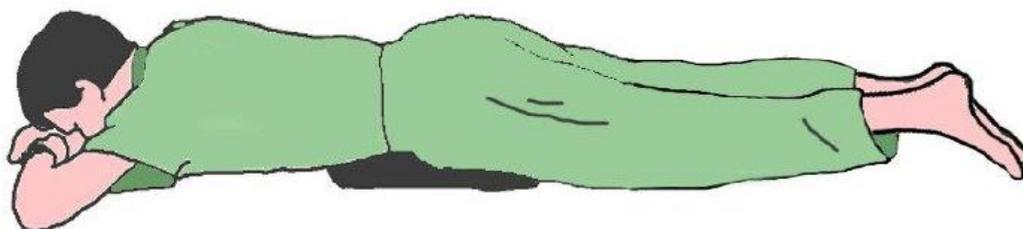
PATIENT INFORMATION

INFORMATION ON WHY WE LIE A PATIENT ON THEIR FRONT “PRONE”





What is lying 'Prone'? –you may be advised by medical professionals that lying on your front for a period of time will be beneficial to the long-term recovery of your lung tissue. It has been shown to reduce a patient's need for oxygen and breathing support. The process of getting a patient onto their front is known as proning.



Why do we turn patients into the prone position? - Some patients develop problems with their lungs which makes it very difficult for them to receive enough oxygen. Lying on your front can help to improve 'ventilation' and get more oxygen into the body, by opening up areas in the lungs that might have been squashed when you are lying on your back. You can use this position whilst wearing your oxygen or tight fitting CPAP mask.

Finally, this position will help move phlegm that may be present in your chest and make it easier for you to clear it.

Available evidence suggests that prone positioning must be considered early in the treatment process for best outcomes. This is why it may be suggested as part of your treatment on the ward.

Try and stay in this position for as long as you can manage, but do change positions regularly. You should return to the prone position throughout the day, ideally after 4 hours in other positions.

Other positions that are useful when not in prone are lying on your side, sitting up to 60° or sitting out of bed. Please ask the staff if you need advice or some help getting comfortable.

If you can't manage fully on your front, try side lying and rolling forward onto pillows as far as you are able to. Side lying is also a good position to improve your breathing.

Please ask the staff if you need advice or some help getting comfortable.



If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PET@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.